

Apple Cheese Biscuits



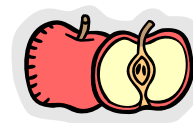
Week 5
Wednesday
Breakfast

Ingredients	12 Biscuits	24 Biscuits	Directions
Sugar, granulated Cinnamon, ground Bisquick, low-fat Cheddar cheese, low-fat, shredded Apple, peeled, cored and finely chopped Water Margarine, melted	2 Tbsp+2 tsp $\frac{1}{4}$ tsp $\frac{3}{4}$ c +2 Tbsp $\frac{1}{4}$ cup $\frac{1}{2}$ medium 2 Tbsp+2 tsp 2 Tbsp	1/3 cup $\frac{1}{2}$ tsp 1 $\frac{3}{4}$ cups $\frac{1}{2}$ cup 1 medium 1/3 cup $\frac{1}{4}$ cup	1. Combine sugar and cinnamon. Set aside. 2. In a mixing bowl, combine biscuit mix, cheese and apple. Make a well in the center of this mixture. 3. Add water all at once. Stir just until mixture forms a ball. 4. Divide into 12 or 24 pieces, according to servings in recipe. Shape each piece into a ball. 5. Roll each ball in melted margarine, then in the sugar mixture. 6. Arrange in a single layer in two greased 9" round baking pans. 7. Bake in a 400 degree F oven for 25-30 minutes or until golden brown. Cool for 5 minutes. 8. Remove from pan; serve warm.
Portion size for 3-5 year old: 1 small biscuit Each serving provides: $\frac{1}{2}$ slice bread alternate			

Nutrition Tip: Apples provide fiber to help keep your heart healthy. Fiber also aids in digestion and keeps bowels regular.
 Physical Activity: Walk to a nearby market/grocery store (if convenient) and count the different kinds of apples. Buy a few of each and have a "taste test".

Recipe Source: What's Cookin' II, Nebraska Dept. of Education Nutrition Services

Apple Cheese Squares



Week 4
Monday
Snack

Ingredients	10 Servings	25 Servings	Directions
Graham crackers, plain/honey/cinnamon	10 large rectangles	25 large rectangles	Spread the graham cracker square with cream cheese.
Cream cheese	$\frac{1}{4}$ c+1 Tbsp	$\frac{3}{4}$ c+ $\frac{1}{2}$ Tbsp	Top it with an apple slice.
Apple slices	10 slices	25 slices	It's optional to sprinkle with coconut.
Coconut (optional)	Sprinkle	Sprinkle	

Portion size for 3-5 year old: 2 squares

Each serving provides: $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Let the children top their own graham cracker squares with the apple slices and coconut.

Physical Activity: As a group, try to pick apples for your recipe. Visit a local apple orchard.

Recipe Source: Laura England, Kootenai Valley Head Start

Apple Smiles



Week 3
Thursday
Snack

Ingredients			10 Servings	25 Servings	Directions
Apples, fresh, with skin	5 each	12 $\frac{1}{2}$ each	Cut apple into 4 equal pieces. Spread $\frac{1}{2}$ Tbsp peanut butter in the middle of 2 wedges. Put 4 miniature marshmallows for teeth between wedges. Top marshmallows and peanut butter with another apple wedge to resemble a smile.		
Peanut Butter, smooth, with salt	$\frac{1}{4}$ cup+1 Tbsp	$\frac{3}{4}$ cup+ $\frac{1}{2}$ Tbsp			
Marshmallows	2 $\frac{1}{2}$ oz	6 $\frac{1}{4}$ oz			
Portion size for 3-5 year old: 2 smiles (to equal 4 apple slices, 1 Tbsp peanut butter) Each serving provides: $\frac{1}{4}$ cup fruit, $\frac{1}{2}$ oz meat alternate					
Nutrition Tip: Apples (with the skin on) are a great source of fiber. The skin contains phytochemicals (the red color in the apple skin) which help prevent diseases. Physical Activity: Practice jumping today. Jump on both feet. Jump on left foot. Jump on right foot. Recipe Source: Laura England, Kootenai Valley Head Start Program, MT					

Baby Carrots & Raisins



Week 4
Wednesday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Baby carrots, raw* Water Raisins, seedless, packed Sliced almonds, dry roasted (optional) Butter, w/salt Honey (or sugar) Cinnamon, ground Salt	3 cup 2 Tbsp $\frac{1}{4}$ cup $\frac{1}{4}$ cup 2 Tbsp 3 Tbsp $\frac{1}{4}$ tsp To taste	6 cups $\frac{1}{4}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{3}$ c + 2 tsp $\frac{1}{2}$ tsp To taste	Place the carrots and water in a microwaveable dish. Cover, and microwave on high until the carrots are tender, about 10 minutes. Stir about half way through. Drain the water. Stir in the rest of the ingredients, cover, and microwave on high for 1 to 2 minutes more.

*Recipe tip: Cut carrots in half lengthwise to decrease choking risk.

Portion size for 3-5 year old: $\frac{1}{4}$ cup
Each serving provides: $\frac{1}{4}$ cup vegetable

Nutrition Tip: Carrots are an excellent source of Vitamin A; which is important for healthy eyesight. Almonds, raisins, and carrots are all great snack foods. Have children cut pictures of snack foods from magazines or draw different types of snack foods. Talk about what are "sometimes" foods and what are "everyday" foods.

Physical Activity: Get out a broomstick, play your favorite music, and dance the limbo.

Recipe Source: <http://www.childrensrecipe.com>

Baked Apples

Week 2
Monday
Snack

Ingredients	10 Servings	25 Servings	Directions
Cored Apples Pats of butter Maple syrup Raisins	5 medium 1 Tbsp+2tsp $\frac{1}{4}$ cup + 1Tbsp 1 $\frac{1}{4}$ cup	12 $\frac{1}{2}$ medium $\frac{1}{4}$ cup+ $\frac{1}{2}$ tsp $\frac{3}{4}$ cup+ $\frac{1}{2}$ Tbsp 3 $\frac{1}{8}$ cup	<p>Step 1</p> <p>Place cored apples in a baking dish and put a pat of butter and raisins into the center of each one. Drizzle on maple syrup.</p> <p>Step 2</p> <p>Pour an inch of water into the dish. Bake at 375 degrees until tender (about 30 minutes). Baste and serve warm.</p>
<p>Portion size for 3-5 year old: $\frac{1}{2}$ apple</p> <p>Each serving provides: $\frac{1}{2}$ apple and $\frac{1}{4}$ cup raisins = $\frac{1}{2}$ cup fruit</p>			
<p>Nutrition Tip: The apple skin has almost half of the total Vitamin C content, which helps ward off disease. The skin also has fiber!</p> <p>Physical Activity: Build an Obstacle Course. Plan 5-6 stations of various physical activities and time each child.</p> <p>Recipe Source: Family Fun Magazine</p>			

Baked Beans



Week 3
Wednesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Beans, baked, canned, Plain/vegetarian Onions, fresh, chopped Molasses Mustard, dry Sugar, brown Water Tomato paste, canned Ham, sliced (optional)	1 lb + 5 oz 6 $\frac{1}{2}$ Tbsp 1 $\frac{1}{2}$ Tbsp $\frac{1}{2}$ tsp 1 Tbsp+1 tsp 2 $\frac{1}{2}$ Tbsp 1 $\frac{1}{2}$ Tbsp 2/3 cup	3 lb + 4 oz 1 cup $\frac{1}{4}$ cup $\frac{1}{2}$ Tbsp 3 $\frac{1}{4}$ Tbsp $\frac{1}{2}$ cup $\frac{1}{4}$ cup 1 $\frac{1}{2}$ cup	Pour canned beans into a large pan. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham. Blend well. Pour mixture over beans in each pan. Stir to combine. Cover pans. Bake: Conventional oven: 350 degrees for 2 $\frac{1}{4}$ hrs. Convection oven: 325 degrees for 1 $\frac{1}{4}$ h.rs Remove cover during last half hour of baking to brown beans. Portion with 4-oz ladle (1/2 cup)
Portion size for 3-5 year old: 1/3 cup Each serving provides: $\frac{1}{4}$ cup vegetable			

Nutrition Tip: Use low fat or fat free canned baked beans. Vegetarian baked beans are also tasty.
 Physical Activity: Have a bean bag toss. Team children up in pairs and let them play catch with the bean bags.
 Recipe Source: USDA I-6

Baked French Toast Strips



Week 4
Wednesday
Breakfast

Ingredients	12 Servings	24 Servings	Directions
Texas Toast/French bread, $\frac{1}{2}$ " thick	6 slices	12 slices	<p>Preheat oven to 425 degrees F. Cut each slice of bread into 4 even strips. Place strips of bread on lightly greased 9" x 13" x 2" baking pan.</p> <p>In a large bowl, whisk together eggs, milk, sugar, salt, and vanilla until well blended. Pour egg mixture over bread slices and cover with plastic wrap. Chill for 4 to 24 hours. Remove wrap. Sprinkle cinnamon on top of bread strips. Bake for 30-40 minutes until eggs are set and toast is lightly browned. Serve with fruit sauce, low-fat yogurt, fresh fruit, or maple syrup.</p>
Eggs, whole, fresh, large	4 eggs	8 eggs	
Sugar, granulated	3 Tbsp	1/3c+2 tsp	
Salt, table	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	
Vanilla extract	$\frac{3}{4}$ tsp	$\frac{1}{2}$ Tbsp	
Cinnamon, ground	$\frac{1}{2}$ tsp	1 tsp	
Milk, 1% low-fat	1 cup	2 cups	
<p>Portion size for 3-5 year old: 2 strips</p> <p>Each serving provides: $\frac{1}{2}$ slice bread</p>			

Nutrition Tip: Look for French bread made with enriched flour (check the ingredient label). Enriched flour is flour (no bran or germ) that has been enriched with thiamin, riboflavin and niacin and may include Vitamin D, iron and calcium that are lost during flour processing.

Physical Activity: Have a hula hoop contest!

Recipe Source: A Toolkit for Healthy School Meals, USDA

Baked Spaghetti



Week 3
Monday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Spaghetti, dry, enriched	8 oz	1 lb + 4 oz	1. Cook spaghetti; drain
Eggs, whole, fresh	1 large egg	2 $\frac{1}{2}$ lg. eggs	2. In a large bowl, beat the egg, milk, and salt; add spaghetti and toss to coat.
Milk 1% low-fat	$\frac{1}{2}$ cup	1 $\frac{1}{4}$ cups	3. Transfer to a greased baking dish.
Salt	$\frac{1}{2}$ tsp	1 $\frac{1}{4}$ tsp	4. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over noodles.
Beef ground,	1 lb	2 lbs+8 oz	5. Bake, uncovered, at 350 degrees for 20 min.
	raw wt.	raw wt.	6. Sprinkle with shredded cheese and bake 10 minutes more. Let stand 10 min. before cutting.
Onions, fresh	1 small	2 $\frac{1}{2}$ small	
Spaghetti sauce, canned	1 lb+10 oz	4 lb + 1 oz	
Cheese, mozzarella, part skim	2 oz	5 oz	

Portion size for 3-5 year old: 1/10 of recipe

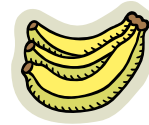
Each serving provides: 1 $\frac{1}{2}$ oz meat/meat alternate, $\frac{1}{4}$ cup vegetable, $\frac{1}{2}$ slice bread alternate (1/4 cup pasta)

Nutrition Tip: Try using whole wheat pasta in this recipe as a way to increase fiber.

Physical Activity: Lead the kids in a noodle dance, pretending that your arms and legs are made of wiggly noodles.

Recipe Source: Kathy Pemberton, Sidney, MT

Banana Bread



Week 2
Tuesday
Breakfast

Ingredients	1 loaf	2 loaves	Directions
Flour, all purpose, enriched (Try making this recipe with $\frac{1}{4}$ whole wheat flour. May need to add a little extra milk.) Sugar Baking powder Salt Canola Oil Skim milk Eggs Banana, ripe, mashed*	2 $\frac{1}{2}$ cups 1 cup 3 $\frac{1}{2}$ tsp $\frac{1}{2}$ tsp 3 Tbsp $\frac{3}{4}$ cup 1 egg 1 cup This is a very dense bread. 1 loaf provides 42 $\frac{1}{2}$ slice servings of bread alternate.	5 cups 2 cups 7 tsp 1 tsp 6 Tbsp 1 $\frac{1}{2}$ cup 2 eggs 2 cups	Heat oven to 350-degrees. Spray two 9x5x3 inch loaf pans. Measure all ingredients into large bowl and beat on medium speed $\frac{1}{2}$ minute. Pour into pans and bake for 55-65 minutes.

*Connie's time-saving tip: As bananas become over-ripe, just pop them in the freezer (with the peel on). Take out as needed for this recipe. The bananas fall right out of the peel upon thawing and are ready to stir into recipe.

Portion size for 3-5 year old: $\frac{1}{2}$ slice (cut loaf into 10 slices, then cut slices in $\frac{1}{2}$ to yield 20 servings per loaf pan)

Each serving provides: 1 slice bread/bread alternate = 2 bread servings

Nutrition Tip: Whole wheat flour can be used in this recipe too. When using whole wheat flour, you may need to add a little extra liquid to the recipe. In this recipe, add a little extra milk.

Physical Activity: Crabwalk relay - teams divided up equally and race from point A to point B walking like a crab. Fastest team wins.

Recipe Source: Connie Nelson, MT Childcare Provider

Banana Crunch Pop



Week 1
Wednesday
Breakfast

Ingredients	10 Servings	25 Servings	Directions
Fat free yogurt (any flavor) Wooden sticks Large bananas, peeled and cut in half Crisp rice cereal, crushed graham crackers, Grape Nuts cereal, or low fat granola	4 ozs 5 large $\frac{3}{4}$ cup	10 ozs 12 $\frac{1}{2}$ large 1 $\frac{3}{4}$ cup + 2 Tbsp	1. Place yogurt and cereal in separate shallow dishes. 2. Insert a wooden stick into each banana piece 3. Roll banana pieces in yogurt then in cereal, thoroughly covering each piece. Place bananas on a baking sheet lined with wax paper. Place in freezer. 4. When frozen, wrap each in freezer wrap and label. Store in freezer. Let stand at room temperature for 10 minutes before serving.
Portion size for 3-5 year old: 1 pop (1/2 a banana) Each serving provides: $\frac{1}{2}$ cup fruit/vegetable			

Nutrition Tip: Bananas have Vitamin C to develop a strong immune system.

Physical Activity: Play "Simon Says" and include at least 3 physical activities (run, jump, etc)

Recipe Source: Pennsylvania's Healthful Menus and Recipes

BBQ Cups



Week 2
Friday
Lunch

Ingredients	10 Servinas	20 Servinas	Directions
Ground beef	1 lb (raw weight)	2 lb (raw weight)	Heat oven to 350
BBQ sauce	$\frac{1}{2}$ cup	1 cup	Grease 10 muffin cups.
Fresh onions (chopped)	1 Tbsp	2 Tbsp	Brown ground beef and drain.
Brown sugar	2 Tbsp	4 Tbsp	Stir in BBQ sauce, onions, and brown sugar.
Biscuit dough (10 biscuits per tube)	1 tube	2 tubes	Cook 1 minute to blend flavors stirring constantly.
Cheese (American/Cheddar) (shredded)	1 cup	2 cups	Separate dough into 10 biscuits and place each one in a muffin cup.
			Firmly press into bottom and up sides.
			Spoon about $\frac{1}{4}$ cup meat mixture into each biscuit lined cup.
			Sprinkle with cheese.
			Bake for 12 minutes or until edges are golden brown.

Portion size for 3-5 year old: 1 BBQ cup

Each serving provides: 1 $\frac{1}{2}$ oz meat/meat alternate, $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Show the children what a muffin pan looks like. Sing a song "Do you know the muffin man?"

Physical Activity: Play a game of muffin tag- The muffin man is "it". The kids can pretend to be the runaway muffins. The muffin man tags as many muffins as he can. Tagged muffins stand in 2 rows of 6, like a muffin tin. Let each child have a turn being the muffin man.

Recipe Source: Young Parents Education Center, Great Falls, MT

Bean and Cheese Burrito



Week 2
Thursday
Lunch

Ingredients	16 Servings	32 Servings	Directions
Whole Wheat Tortilla (6" diameter) Refried Beans (16 oz. can) Fresh Tomatoes (chopped) Fresh Lettuce (chopped) American/Cheddar Cheese (shredded)	8 2 $\frac{1}{2}$ cans 4 tomatoes 3 cups 2 cups (1/2 lb)	16 5 cans 8 tomatoes 6 cups 4 cups (1 lb)	Place tortillas in cast iron skillet and warm over low heat or wrap in aluminum foil and warm at 325 degrees for 10 minutes. Spread 4 Tbsp refried beans on tortillas. Add 2 Tbsp each of tomatoes and shredded lettuce on each tortilla. Top with 2 Tbsp shredded cheese. Optional: Add 1 tsp pineapple, chilies, and/or onion according to child's taste preference. Roll burrito up, cut in half and serve.
<p>Portion size for 3-5 year old: $\frac{1}{2}$ a burrito each</p> <p>Each serving provides: 1 $\frac{1}{2}$ oz meat/alternate, $\frac{1}{2}$ slice bread alternate, $\frac{1}{4}$ cup vegetable</p>			

Nutrition Tip: Buy low fat or fat free refried beans to make this meal even healthier!

Physical Activity: Make paper masks and have a marching parade.

Recipe Source: "What's Cookin II", Nebraska Dept. of Ed.

Black Bean Dip

Week 1
Wednesday
Snack

Ingredients	12 Servings	24 Servings	Directions
Canned black beans	16 oz can	32 oz can	Drain and mash cooked beans. Stir in other ingredients. Serve with tortilla, tortilla chips, crackers, or fresh veggies.
Cheese, shredded	2 oz	4 oz	
Garlic powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Chili powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Black pepper		$\frac{1}{2}$ tsp	
Vinegar	$\frac{1}{4}$ tsp	2 tsp	
	1 tsp		

Portion size for 3-5 year old: 1/8 cup

Each serving provides: $\frac{1}{2}$ oz meat alternate

Nutrition Tip: Black beans contain iron to help children feel good and play hard! All canned legumes provide iron.
Physical Activity: Children are naturally active, especially outdoors. Let them outside and watch them run! Take time to bundle them up in the winter and let them outside to play as well.

Recipe Source: MT CACFP

Broccoli Salad



Week 4
Thursday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Fresh broccoli, raw	5 cups	10 cups	Wash broccoli. Cut heads into florets. Dice stems. Add raisins and red onions. Combine low-fat mayonnaise, sugar, vinegar, and milk. Mix well. Add to broccoli, raisins, and red onions. Chill before serving. (For best results, chill for at least 2 hours before serving.)
Raisins, seedless	1 cup	2 cups	
Red onion, diced	1/8 cup	1/4 cup	
Dressing:			
Low-fat mayonnaise	1/2 cup	1 cup	
Sugar, granulated	1/4 cup	1/2 cup	
Vinegar, cider	1/2 Tbsp	1 Tbsp	
Milk, Skim or 1% Low-fat	1/2 Tbsp	1 Tbsp	

Portion size for 3-5 year old: 1/2 cup

Each serving provides: 3/8 cup fruit/vegetable

Nutrition Tip: Eat 5 servings of fruit and veggies per day for better health. The broccoli provides Vitamin A in this recipe.
Physical Activity: Take a trip to your local Farmer's Market to purchase some fresh broccoli. Walk to different booths and talk about the different kinds of produce.

Recipe Source: Healthy School Meals

Brown Rice Pilaf



Week 1
Wednesday
Lunch

Ingredients		10 Servings	25 Servings	Directions
Brown rice, long grain, regular Enriched white rice, long grain, regular	4 $\frac{5}{8}$ ozs	11 $\frac{1}{2}$ ozs	<div>1. Place brown rice and white rice in pans.</div> <div>2. Heat the chicken stock, pepper, and onions in a pot. Bring to a boil.</div> <div>3. Add hot chicken stock mixture to each pan. Cover with foil or metal lid.</div> <div>4. Bake:<div>Conventional oven: 350° F for 50 min.</div><div>Convection oven: 350° F for 40 min.</div><div>Steamer: 40 minutes</div></div>	
	4 $\frac{5}{8}$ ozs	11 $\frac{1}{2}$ ozs		
Chicken stock (non-MSG preferred)	1 $\frac{1}{2}$ cups+1 $\frac{1}{2}$ Tbsp	1 qt+ 2 $\frac{1}{2}$ cup		
Ground black or white pepper	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp		
Fresh onions, diced $\frac{1}{4}$ "	$\frac{7}{8}$ ozs	2 ozs		
<div>Portion size for 3-5 year old: $\frac{1}{4}$ cup</div> <div>Each serving provides: $\frac{1}{2}$ slice bread alternate</div>				

Nutrition Tip: Whole Grains are an excellent source of important nutrients like fiber, Vitamin B, Iron, and Zinc.
 Physical Activity: Duck, Duck, Wheat - A game just like "Duck, Duck, Goose", but only using the word Wheat instead of Goose. This will give them exercise while running around, and also remind them of an essential food ingredient.

Recipe Source: USDA B-22

Busy Day Hamburger Stew



Week 5
Friday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Lean ground beef burger - crumbled up and seasoned liberally with:season salt, pepper, and very little regular salt.	1 lb + 8 oz raw weight	3 lb raw weight	Mix together tomato soup and cream of mushroom soup and water.
Small onion, chopped	1 small	2 small	Mix all ingredients together and place in casserole dish with good lid.
Celery, diced	1 cup	2 cups	
Carrots, chopped	3 cups	1 QT+2 cups	Bake at 350 degrees for 2-2 ½ hours.
Potatoes, quartered	1 QT	2 QT	
Tomato soup, canned	1- 10.75 oz can	2-10.75 oz cans	
Cream of Mushroom soup, canned, condensed	1- 10.75 oz can	2-10.75 oz cans	
Water	½ soup can	1 soup can	

Portion size for 3-5 year old: 1 cup

Each serving provides: 1 ½ oz meat and ½ cup vegetable

Nutrition Tip: Vitamin C in the potatoes and tomato soup aids in keeping your gums healthy for a winning smile! This soup also has a good amount of fiber in it with all of the veggies.

Physical Activity: Talk about animals that stand on one foot and practice doing it. Which animals hop? Practice hopping.

Recipe Source: Kathy Pemberton, Sidney, MT